

## WorkSource

*Job and training referrals, resumes, job preparation. Access to employment/education services from multiple agencies.*

▪ **Auburn Affiliate (253) 833-0102**

2707 "T" Street NE, Auburn 98002

▪ **Bellevue (425) 990-3700**

13133 Bell-Red Road, Bellevue 98005

▪ **Bellevue Community College (425) 564-2018**

3000 Landerholm Circle SE, Bellevue 98155

▪ **Downtown Employment & Learning (206) 447-3005**

1511 3<sup>rd</sup> Avenue, Suite 531, Seattle 98101

▪ **North Seattle (206) 440-2500**

12550 Aurora Avenue North, Seattle 98133

▪ **Park Lake Career Development Center (206) 763-6922**

9800 8<sup>th</sup> Avenue SW, Seattle 98106

▪ **Rainier Affiliate (206) 721-6000**

2531 Rainier Avenue South, Seattle 98144

▪ **Renton (206) 205-3500/(425) 271-0488**

919 SW Grady Way, Suite 125, Renton 98055

▪ **South Seattle Community College (206) 764-5304**

6000 16<sup>th</sup> Avenue SW, Seattle 98106

**YWCA Family Village Job Bank (425) 556-1350**

16601 NE 80<sup>th</sup>, Redmond 98052

*Job information boards and services for qualifying women.*

Prepared under the direction of the King County Department of Adult and Juvenile Detention to assist women leaving detention and returning to the community. Thanks to Sylvie McGee of *All For A Good Cause* and Linda Rinaldi of *Rinaldi and Associates* for their consultant services; Runette Mitchell-Marshall, Corrections Programs Administrator, and Mary Ann Morbley, Community Programs Coordinator, for internal coordination of this project; and women in detention, DAJD staff at the Kent and Seattle Divisions, and community service providers for their guidance and direction.

Steve Thompson, Director April 2003  
King County Department of Adult and Juvenile Detention

This information is available on request in accessible formats for persons with disabilities — call (206)296-1269 (voice) or 1-800-833-6388 (TTY Relay).

# A GUIDE FOR WOMEN: MEETING BASIC NEEDS IN KING COUNTY

*This brochure was prepared to help women find services they need—immediate and long-term.*

## KEEP IN MIND

- Most agencies listed in this brochure do not accept collect calls. 1-800, 1-866 and 1-877 are toll free.
- Crisis Clinic Community Information Line has more detailed information and sometimes additional resources. Call 1-800-621-4636 or go online at: [www.crisisclinic.org](http://www.crisisclinic.org).
- Most public libraries have free internet access.

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## FIRST THINGS FIRST

### CRISIS LINES

**Crisis Clinic, Community Information Line**  
**(206) 461-3200/1-800-621-4636/TTY (206) 461-3610**

*Daytime listing. Comprehensive information/referrals.*

**Crisis Clinic, Crisis Line (206) 461-3222/  
1-866-427-4747; TTY (206) 461-3219**

*Immediate help for persons in emotional crisis; 24-hour intervention, problem solving, referral to resources.*

**Community Resources Online: [www.crisisclinic.org](http://www.crisisclinic.org)**

**Alcohol/Drug Help Line (206) 722-3700/1-800-562-1240**  
*Treatment information, AA/NA meeting times and places.*

## Community Service Officers

*Some police departments have community service officers who help with basics, like transportation, food and shelter.*

## SAFE DROP IN CENTERS

### Angeline's Day Refuge for Women (206) 441-3300

2025 3<sup>rd</sup> Avenue, Seattle 98121

*Day drop-in; laundry, shower, free phone; referrals; meals.*

### First Avenue Service Center (206) 441-8405

2015 3<sup>rd</sup> Avenue, Seattle 98121

*Food, clothing, referrals, showers, laundry. Drop-in center; ex-offender assistance. Mainly men; women welcome. Need referral letter from agency.*

### Immanuel Lutheran Church (206) 622-1930

1215 Thomas Street, Seattle 98109

*Free showers and laundry 8 am-noon, M thru Th.*

### Mary's Place (206) 621-8474

811 5<sup>th</sup> Avenue, Seattle 98104; First United Methodist Church (enter off Columbia between 4<sup>th</sup> & 5<sup>th</sup> Avenues)

*Laundry, shower, breakfast and lunch made by clients.*

### Urban RestStop (206) 332-0110

1924 9<sup>th</sup> Avenue, Seattle 98101

*Showers, laundry and restroom. Open 7 days/week.*

## TRANSPORTATION

*Local bus tickets available at release. Bus routes and schedules available outside release. Other information centers at most shopping malls. Rider information at (206) 553-3000 or online at <http://transit.metrokc.gov>.*

## ID'S & OTHER ESSENTIALS

*An ID helps with services/work. Some agencies let homeless people establish a mailing address so they can get ID. Keep an old ID, even expired, to help establish a new, valid ID.*

### ▪ Downtown Emergency Service Center (206) 464-1570

### ▪ Seattle Indian Center (206) 329-8700

### ▪ Angeline's (206) 441-3300

### ▪ Womens' Referral Center (206) 770-0156

### ▪ YWCA Resource Center (206) 461-4888

### Community Voice Mail (206) 694-6771

*Free or low cost voice mail for homeless/very low income.*

## FOOD & CLOTHING

### FOOD BANKS

*There are many food banks, each for a specific area; call for hours and location. Some offer help in addition to food..*

### ▪ Kent (253) 395-3090

1000 Central Avenue South, Kent 98032

### ▪ North Seattle (206) 368-4502

12063 15<sup>th</sup> Avenue NE, Seattle 98125

### ▪ SeaTac (206) 439-3703

18000 Pacific Hwy South #1000, SeaTac 98188

### Empowerment Institute (206) 320-9822

806-A 20<sup>th</sup> Avenue, Seattle 98122

*Job readiness, counseling, life skills, education help.*

### FareStart (206) 443-1233

1902 2<sup>nd</sup> Ave., Seattle 98101

*16-week food service training; job placement for homeless.*

### King County Jobs Initiative

*Job training, placement. Geographic boundaries apply.*

### ▪ White Center/North Highline area (206) 574-0863

### ▪ Skyway/West Hill area (206) 772-2050

### Millionair Club (206) 728-5627

2515 Western Avenue, Seattle 98121

*Job information; day labor; job training.*

### Neighborhood House (206) 461-8430, Ext. 160

*Employment and training resources and referrals.*

### Pacific Associates (206) 728-8826

4700 42<sup>nd</sup> Avenue SW, Suite 530, Seattle 98116

*Training, job search and placement; 6 months sobriety.*

### Pioneer Human Services/Industries (206) 768-1990

*Paid training, then placement. Call for intake appointment.*

### Refugee Women's Program (206) 721-0243

3004 South Alaska Street, Seattle

*ESL, citizenship, Jobs PLUS program.*

### Seattle Conservation Corps (206) 684-0190

*Experience; support services; placement; learning center.*

### Seattle Goodwill (206) 860-5766 or 5768

1400 South Lane Street, Seattle 98144

*Retail and warehouse jobs; also paid training (wait list).*

### Seattle Indian Center, Leschi Center (206) 329-8700

611 12<sup>th</sup> Avenue South, #300, Seattle 98144

*Education, training, referrals, job search; tribal preference.*

### Urban League of Metropolitan Seattle (206) 461-3792

105 14<sup>th</sup> Avenue, Seattle 98122

*Workshops, job lists, referrals to training.*

### WA Women's Employment & Education (253) 859-3718

1209 South Central Avenue #105, Kent 98032

*Job workshops, computer-based training to low income.*

- **Seattle Central Community College (206) 587-3800**  
1701 Broadway, Seattle 98122  
*Women's Programs (206) 587-3854*
- **Shoreline Community College (206) 546-4101**  
16101 Greenwood Avenue North, Seattle 98133  
*Women's Programs (206) 546-4715*
- **South Seattle Community College (206) 764-5300**  
6000 16<sup>th</sup> Avenue SW, Seattle 98106  
*Women's Programs (206) 764-5332 (Student Life)*
- United Indians of All Tribes Foundation (206) 325-0070**  
1945 Yale Place SE, Seattle 98102  
*GED, high school reentry and assessment.*
- Washington Literacy 1-800-323-2550**  
*Referrals for programs or tutors for literacy, GED, ESL.*
- Washington Women in Need (425) 451-8838**  
*Limited education help; mental health counseling; wait list.*

## **JOBS & JOB TRAINING**

- ANew (425) 235-2212**  
3000 NE 4<sup>th</sup> Street, Renton 98056  
*Construction, manufacturing training; job placement help.*
- Apprenticeship Opportunities Project (206) 381-1384**  
2800 First Avenue, Room #136, Seattle 98121  
*Help entering careers in construction trades.*
- Asian Counseling and Referral (206) 695-7590**  
720 8<sup>th</sup> Avenue South, Suite 200, Seattle 98104  
*Vocational and employment training; job placement.*
- Center for Career Alternatives (CCA) (206) 322-9080**  
901 Rainier Avenue South, Seattle 98144  
*Job skills training; job placement. Appointment needed.*
- Central Area Motivation Program (206) 325-2267**  
4714 Rainier Avenue South, Suite 101, Seattle 98118  
*Search, placement; support services; ex-offender program.*
- Community Computer Lab (206) 522-4476**  
Santos Place-6940 62<sup>nd</sup> Avenue, Seattle 98115  
*Certification courses in Microsoft Office Expert.*
- DSHS, Division of Vocational Rehabilitation (DVR)**  
*Help for those with disabilities (including substance dependence/mental illness) to re-employment. Wait list.*
- **Seattle (206) 721-7300**  
2531 Rainier Avenue South, Seattle 98144
- **Bellevue (425) 649-4241**  
14360 SE Eastgate Way, Bellevue 98007

- Food Resources Program (206) 694-6756 (9 am to 5 pm)**
- Crisis Clinic (206) 461-3222 (after hours)**
- Emergency Feeding Program (206) 723-0647**  
*Distribution centers throughout King County.*

## **MEALS**

*These serve almost daily. Others serve, but less often. Call Community Information Line (1-800-621-4636) for info.*

- Boomtown Café (206) 625-2989**  
513 3<sup>rd</sup> Avenue Seattle 98104 – *Low cost meals; breakfast 7-9:30 \$1.25, Lunch 11:30-1:30 \$1.75; pay or barter.*

- City Team Ministries (206) 352-1300**  
904 Elliott Avenue West, Seattle 98119  
*Meals 6 pm nightly; church service required.*

- Compass Center (206) 461-7835**  
1710 11<sup>th</sup> Avenue, Seattle 98104  
*Public lunch, 12-1 Mon. only at Central Lutheran Church.*

- Crossroads Meal Program (425) 452-4874**  
16000 NE 10<sup>th</sup> Street, Bellevue 98008  
*Dinner 6 pm M-F, Bellevue residents only with ID.*

- El Centro de la Raza (206) 329-9442**  
2524 16<sup>th</sup> Avenue South, Seattle 98144  
*Hot lunch 12-1, M-F.*

- Family Kitchen, St. James Cathedral (206) 322-2447**  
803 Terry (enter off Columbia), Seattle 98104  
*Meals for women, families, elderly; M-F 4:30 to 5:00 pm.*

- Issaquah Meal Program**  
180 Sunset Way, Issaquah (Issaquah Community Hall)  
*Dinner for those in need 5:30 pm M-F.*

- Millionair Club (206) 728-5627**  
2515 Western Avenue, Seattle 98121  
*Breakfast and lunch daily, M-F.*

- Operation Sack Lunch**  
*Meals 4 days/week at Public Safety Building, 4<sup>th</sup> & Cherry.*

- Seattle Indian Center**  
611 12<sup>th</sup> Avenue South #300, Seattle 98144  
*Meal M-F noon; American Indians & Alaska Natives ONLY.*

- University Street Ministry, Teen Feed (206) 522-4366**  
*Meals for youth 12-21 ONLY, Su-Th, call for information.*

## **CLOTHING BANKS**

*Many multi-service centers have clothing. Call Community Information Line (1-800-621-4636) for center near you.*

**Capitol Hill Community Resource Center (206) 322-4567**  
509 10<sup>th</sup> Avenue, Seattle 98102

*Clothing, hygiene items, diapers; Tues. or by appointment.*

**Emerald City Community 7<sup>th</sup> Day Adventist Church**

**(206) 322-0717** – 801 25<sup>th</sup> Avenue, Seattle 98122

*Call for hours and appointment.*

**Kent Food & Clothing Bank (253) 856-5180**

525 4<sup>th</sup> Avenue North, Kent 98032

*One time only unless a resident of Kent School District.*

**North End Emergency Fund (206) 789-7800**

7001 24<sup>th</sup> Avenue NW, Seattle 98117

## **MULTI-SERVICE AGENCIES**

**Catholic Community Services**

*Shelter, food, clothing; counseling; referrals to services.*

▪ **Seattle Access Center (206) 328-5774/1-877-531-1250**

100 23<sup>rd</sup> Avenue South, Seattle, 98144

▪ **Kent/South County (253) 854-0077/1-800-722-3479**

1229 West Smith, Kent 98035

▪ **East King County (425) 284-2211/1-800-872-3204**

12828 Northup Way #100, Bellevue 98007

**Hopelink – [www.hope-link.org](http://www.hope-link.org)**

*All sites have food, emergency help. Other services listed.*

▪ **Bellevue (425) 943-7555**

14812 Main Street, Bellevue 98007

*Family development, childcare, literacy, transportation.*

▪ **Kirkland (425) 889-7880**

302 1<sup>st</sup> Street, Kirkland 98033

▪ **Northshore and Shoreline (425) 485-6521**

18220 96<sup>th</sup> Avenue NE, Bothell 98011

▪ **Redmond (425) 869-6000**

16225 NE 87<sup>th</sup> Street #A-1, Redmond 98052

▪ **Sno-Valley (425) 333-4163**

31957 East Commercial Street, Carnation 98014

**Millionair Club (206) 728-5627**

2515 Western Avenue, Seattle 98121

*Hygiene, clothing, meals, day labor, job training, eye clinic.*

**Refugee Women's Alliance (206) 721-0243**

*Multi-service, jobs, family, education and social services.*

**Saint Vincent de Paul**

▪ **Auburn (253) 833-2546**

717 Auburn Way North, Auburn 98002

*Limited food, clothing, rent and utility assist.*

**King County Office of Public Defender (206) 296-7662**

123 3<sup>rd</sup> Avenue South, 4<sup>th</sup> floor, Seattle 98104

Regional Justice Center, 401 4<sup>th</sup> Ave. N. G-242, Kent 98032

*Current criminal charges; no civil/CPS; bring court papers.*

**Legal Action Center (206) 324-6890**

*Landlord-tenant disputes, evictions, tenancy debt; referrals.*

**NW Immigrant Rights (206) 587-4009/1-800-445-5771**

*Immigration-related legal services to low income.*

**Northwest Justice Project (206) 464-1519/1-888-201-1012**

*Assistance in some civil cases; not if in jail or work release.*

**Northwest Women's Law Center (206) 621-7691**

*Information line for any kind of legal question.*

**Solutions (206) 634-2227/1-800-634-2227**

*Debt counseling/consolidation; credit report review; financial planning/budgeting. No financial assistance.*

**Tenants Union (206) 723-0500**

3902 South Ferdinand, Seattle 98118

*Information concerning tenants' rights.*

**Unemployment Law Project (206) 441-9178**

*Help with denied unemployment or employer appeals.*

**Welfare Rights Organizing Coalition (206) 324-3063**

1820 East Pine, Suite 324, Seattle 9812

*Target low-income parents; info, help to apply, referrals.*

## **EDUCATION**

**Community and Technical Colleges**

*Training, degrees, certificates, ESL, basic education.*

▪ **Bellevue Community College (425) 564-1000**

3000 Landerholm Circle SE, Bellevue 98007

*Women's Program, Ext. 2279*

▪ **Green River Community College (253) 833-9111**

12401 SE 320<sup>th</sup> Street, Auburn 98092

*Women's Program, Ext. 2547*

▪ **Highline Community College (206) 878-3710**

2400 South 240<sup>th</sup> Street, Des Moines 98198

*Women's Program, Ext. 3340*

▪ **Lake Washington Technical College (425) 739-8100**

11605 132<sup>nd</sup> Avenue NE, Kirkland 98034

▪ **North Seattle Community College (206) 527-3600**

9600 College Way North, Seattle 98103

*Women's Program (206) 527-3696*

▪ **Renton Technical College (425) 235-2352**

3000 NE 4<sup>th</sup> Street, Renton 98056

▪ **Seattle Vocational Institute (206) 587-4950**

2120 South Jackson, Seattle 98144

**Renton Area Youth and Family Services (425) 271-5600**

1025 South 3<sup>rd</sup> Street #B, Renton 98055

*Mentoring; counseling; parenting classes.*

**Ruth Dykeman Youth & Family Services (206) 243-5544**

15001 8<sup>th</sup> Avenue SW, Seattle 98166

*Counseling for youth and families in SW King County.*

**Southeast Youth and Family Services (206) 721-5542**

3722 South Hudson Street, Seattle 98118

*Family support; mental health counseling; referrals.*

▪ **Rainier Family Support Center (206) 723-8590**

4600 38<sup>th</sup> Avenue South, Seattle 98108

*Parent/grandparent support; education.*

**Southwest Youth and Family Services (206) 937-7680**

4555 Delridge Way SW, Seattle 98106

*Parenting support; counseling, education for youth.*

**United Indians All Tribes/Daybreak Star (206) 285-4425**

Discovery Park, 3801 W. Government Way, Seattle 98199

*Head Start and early childhood education. Home visiting.*

**Youth Eastside Services (425) 747-4937**

999 164<sup>th</sup> Avenue NE, Bellevue 98008

*Parenting support; youth counseling; tutoring; mentoring.*

*Bilingual programs. Multiple sites. Call for information.*

## LEGAL HELP

*Services vary; call for details and referrals for your needs.*

**Columbia Legal Services (206) 464-5933**

101 Yesler Way, Suite 300, Seattle 98104

*Civil; housing, public benefits, family, domestic violence.*

**Courthouse Facilitators**

▪ **King County Courthouse, Seattle (206) 296-9092**

▪ **RJC Kent, Family Law Center (206) 205-2526**

*Domestic legal action; forms, resources.*

**Eastside Legal Assistance Program (425) 747-7274**

*East King County; civil cases only; legal clinics on divorce, custody, family law, domestic violence; call for appointment.*

**Fremont Public Association Welfare Advocacy/Family Assistance Program (206) 694-6742**

*Advocacy on public benefit case: TANF denials, Work First problems, general assistance, food assistance, Medicaid.*

**King County Bar Association (KCBA)**

▪ **Lawyer Referral Program (206) 623-2551**

*Referrals to attorneys willing to work for free.*

▪ **Neighborhood Legal Clinics (206) 340-2593**

*Half-hour legal advice in 22 neighborhood locations.*

▪ **Food/Clothing Bank (206) 767-7888**

5972 4<sup>th</sup> Avenue South, Seattle 98108

**Salvation Army**

*Limited food/rent/help. Call. Must have proof of address.*

▪ **Bellevue (425) 827-1930**

11555 Northup Way, Suite 100, Bellevue 98004

▪ **Federal Way (253) 946-7933**

26419 16<sup>th</sup> Avenue South, Des Moines 98198

▪ **Renton (425) 255-5969**

720 South Tobin Street, Renton 98055

▪ **White Center/Burien (206) 767-3150**

9045 16<sup>th</sup> SW, Seattle 98106

**Seattle Indian Center, Leschi Center (206) 329-8700**

611 12<sup>th</sup> Avenue South, #300, Seattle 98144

*Referrals, food, emergency services.*

**South King County Multi-Service Center**

▪ **Federal Way (253) 838-6810**

1200 South 336<sup>th</sup> Street, Federal Way 98003

*Housing, energy assist, literacy, food, clothing, job services.*

▪ **Kent (253) 854-4406**

1215 Central Avenue South, Suite 209, Kent 98032

*Energy assistance, shelter and transitional housing for single women and families, job services, GED & literacy.*

**Veterans' Center (206) 553-2706**

2030 9<sup>th</sup> Avenue, Suite 210, Seattle 98121

*Help with housing, other needs; homeless veterans ONLY.*

## OTHER GENERAL SUPPORT

*Churches may have limited funds for emergencies. Case managers at multi-service agencies can also help you.*

**Black Diamond Community Center (360) 886-1011**

31605 3<sup>rd</sup> Avenue, Black Diamond 98010

*Emergency food, clothing, household essentials.*

**Interaction Transition (206) 324-3932**

935 16<sup>th</sup> Avenue, Seattle 98122

*Counseling and referral services for ex-offenders.*

**Lesbian Resource Center (206) 322-3953**

2214 South Jackson, Seattle 98144 Wed-Sat 12-4 PM

*Support groups; library; computer for job search; referrals.*

**Love In the Name of Christ (206) 243-9463**

*Coordinates emergency help from churches in South County.*

**Plateau Outreach Ministries (360) 825-8961**

1214 Stevenson, Enumclaw 98022

*Emergency assistance, food, clothing, transportation.*

**Street Outreach Services (206) 625-0854**

2028 Westlake Avenue, Seattle 98101

*Women's groups, referrals, clothing.*

**Transitional Assistance Program (206) 315-2996**

1100 Virginia Street, Suite 210, Seattle 98101

*Case management, advocacy, referrals for homeless.*

**EMERGENCY SHELTERS**

*Most do not allow alcohol or drugs.*

**Crisis Clinic, Community Information Line, Bed Bank 1-800-621-4636**

*List updated at 9:30 am; call early for list of beds available in shelters; line closes at 6 pm.*

**Women's Referral Center (206) 770-0156**

2325 4<sup>th</sup> Avenue (4<sup>th</sup> & Bell)

*Hot meal, transport to shelters between 6 and 8:30 pm.*

**Operation Nightwatch (206) 329-2099 eve; 323-4359 day**

300 14<sup>th</sup> Avenue South (14<sup>th</sup> & Jackson), Seattle 98144

*Walk-in for referrals 9 pm to midnight.*

**Broadview Emergency Shelter (206) 299-2500**

*Women & women with children only; semi-confidential shelter; drug/alcohol, domestic violence counseling on site.*

**Church Council of Greater Seattle (206) 525-1213**

4759 15<sup>th</sup> Avenue NE, Seattle 98105

*Variety of housing and shelter options. Call for screening.*

**Downtown Emergency Services Center (206) 464-1570**

517 3<sup>rd</sup> Avenue, Seattle 98104

*Show up by 8:30 am to apply for shelter; usually space for women (mat on floor); not for children.*

**Providence Hospitality House (206) 322-2107**

*Women with children only; must call between 8 and 5.*

**Sacred Heart Shelter (206) 285-7489**

*Community living; shared meals; no sexual offenders.*

**Salvation Army Women's Shelter (206) 447-9944**

1101 Pike Street, Seattle 98104

*Shelter for single women, no children.*

**Seattle Emergency Housing Services (206) 461-3660**

*Shelter for one, two-parent families; child must be present.*

**Seattle Union Gospel, Women & Family Shelter**

**(206) 628-2008** - 520 South King Street, Seattle 98104

*Shelter, meals; call for appointment; Bible study required.*

**SHARE Shelter Intake (206) 448-7889**

*Self-help homeless group. Several locations. Orientation.*

**Family Services Baby Boutique (206) 826-3050, Ext. 147**

2113 3<sup>rd</sup> Avenue, Seattle 98121

*Clothing, diapers, blankets, toys, homeless children's services; T, W, F 10 am - 3 pm.*

**Federal Way Youth and Family Services**

33705 9<sup>th</sup> Avenue South, Federal Way 98003

▪ **Access Line (253) 735-9627**

*Counseling; youth drug treatment; multiple sites.*

▪ **Family Support Center (253) 835-9975**

*Family support; after-school enrichment, parenting, ESL.*

**Garfield Family Center (206) 861-8248**

2323 East Cherry St., Seattle 98122

*Parenting classes; life skills; after school tutoring.*

**Head Start & Early Childhood Education and Assistance Program (ECEAP)**

*Free preschool for low-income kids ages 3 to 4.*

▪ **King County outside Seattle (206) 439-6917**

▪ **City of Seattle ECEAP (206) 684-0184**

▪ **Denise Louie Head Start (206) 621-7880**

▪ **First A.M.E. Head Start (206) 322-0354**

▪ **Neighborhood House Head Start (206) 461-8467**

▪ **Seattle Public Schools Head Start (206) 252-0960**

▪ **United Indians Head Start/ECEAP (206) 285-4425**

**Kent Youth and Family Services (253) 859-0300**

232 South 2<sup>nd</sup> Avenue #201, Kent 98032

*Counseling, support services; classes; recreation.*

**Lutheran Social Services 1-800-509-0515**

*Counseling and family support services.*

**Maple Valley Community Center (425) 432-1272**

22010 SE 248<sup>th</sup>, Maple Valley 98038

*Parenting classes, counseling, referrals, drop-in activities.*

**North Seattle Family Center (206) 364-7930**

3200 NE 125<sup>th</sup> Street, Suite 2, Seattle 98125

*Parenting classes and support groups; ESL.*

**Northshore Youth and Family Services (425) 485-6541**

*Counseling; parenting; youth drug treatment; referrals.*

**Parent Place (206) 364-9933**

*Counseling; parenting classes; sliding scale; T, Th 9-1.*

**Program for Early Parent Support-PEPS (206) 547-8570**

*Support groups for parents of children birth to 3 years old.*

**Refugee Women's Alliance (206) 721-0243**

3004 South Alaska Street, Seattle 98108

*Youth services and parenting education.*

### **Working Connections Child Care, DSHS**

*Child care for low-income, employed; apply at CSO offices.*

### **KIDS' HEALTH CARE**

*Kids can also go to most general health clinics. Clinics listed below are mostly for kids.*

#### **Comm. Health Access (206) 284-5291/1-800-756-5437**

*Referrals for low-income women, children; Medicaid help.*

#### **Odessa Brown Children's Clinic (206) 987-7200**

2101 East Yesler Way, Seattle 98122

*Medical, dental, mental health counseling for kids to 18.*

#### **Renton Public Health Dental Clinic (206) 296-4955**

10700 SE 174<sup>th</sup> Street, Suite 101, Renton 98055

*Children; also pregnant women with medical coupons.*

#### **Youth Health Center (206) 439-9300**

457 Southwest 148<sup>th</sup>, Suite 203, Burien 98166

*Youth 13 to 19; medical, substance abuse, mental health.*

### **COUNSELING & OTHER SUPPORT**

#### **Atlantic Street Center (206) 329-2050**

2103 S. Atlantic St., Seattle 98144 (just off Rainier Ave.)

*Parenting skills; tutoring; mental health; referrals.*

#### ▪ **New Holly Youth and Family Center (206) 723-4073**

7054 32<sup>nd</sup> Avenue South, #207, Seattle 98118

#### ▪ **Rainier Beach Family Center (206) 723-1301**

8825 Rainier Avenue South, Seattle 98118

#### **Auburn Youth Resources (253) 939-2202**

816 "F" Street SE, Auburn 98002

*Counseling for youth, families; several South County sites.*

#### **Birth to 3 Developmental Center (253) 874-5445**

*Therapy for young children with developmental delays.*

#### **Black Diamond Community Center (360) 886-1011**

31605 3<sup>rd</sup> Avenue, Black Diamond 98010

*Before/after school care; drug/alcohol treatment for teens.*

#### **Central Youth and Family Services (206) 322-7676**

1901 Martin Luther King Junior Way South, Seattle 98144

*Counseling, youth drug treatment, parenting, referrals.*

#### **Children's Mental Health Program, CCS (206) 328-5774**

*Mental health for children, families. Call for information.*

*Services in Kent, Bellevue, Seattle. Coupons accepted.*

#### **Enumclaw Youth & Family Center (360) 825-4586**

1356 Cole Street, Enumclaw 98022

*Youth/family counseling; case management; teen support.*

#### **Family Help Line (206) 233-0139/1-800-932-4673**

*Parent information; referrals; support.*

### **United States Mission (206) 781-9113**

*Shared room, two meals; must go door to door for mission funds daily (and keep portion). No religious requirements.*

#### **YWCA (206) 461-4882**

1118 5<sup>th</sup> Avenue, Seattle, 98101

*Emergency shelter; women and women with children.*

#### ▪ **South King County (425) 255-1201**

*Families with children only. Call daily to stay on wait list.*

### **TRANSITIONAL HOUSING**

#### **Consejo Counseling and Referral (206) 461-4880**

3808 South Angeline, Seattle 98118

*Outpatient treatment and counseling; staff bilingual.*

#### **Highline-West Seattle Mental Health**

*Mental health counseling; assessment, outpatient treatment.*

#### ▪ **West Seattle (206) 933-7000**

2600 SW Holden, Seattle 98126

#### ▪ **Burien (206) 241-0990**

1010 SW 146<sup>th</sup>, Seattle 98168

#### **Lutheran Social Services 1-800-509-0515**

*Counseling and family support services at multiple sites.*

#### **NW Vipassana Center (360) 978-5434**

PO Box 345, Ethel WA 98542

*10-day meditation training to help with recovery. No Fee.*

#### **Valley Cities Counseling & Consultation (253) 939-4055**

*Chemical dependency evaluation (no medical coupons);*

*outpatient mental health care (accept medical coupons).*

### **ALCOHOL/DRUG TREATMENT ONLY**

#### **AA (206) 587-2838; NA (253) 872-3494**

*24 hour hotline for times and places of meetings.*

#### **Alcohol/Drug 24-Hour Help Line (206) 722-3700/**

**1-800-562-1240** *Treatment, AA/NA meeting information.*

#### **Needle Exchange (206) 205-7837** *(call for places/hours)*

#### **Recovery Centers of King County (RCKC)**

#### ▪ **Central Seattle (206) 322-2970**

464 12<sup>th</sup> Avenue South, Seattle 98122

*Outpatient; women's program; housing only if in treatment.*

#### ▪ **Sobering Center (206) 205-1092**

1930 Boren Avenue, Seattle 98122 — *Walk in, sleep it off.*

#### ▪ **Detox Clinic (206) 325-5000** *(24 hours a day)*

1701 18<sup>th</sup> Avenue South, Seattle 98144

*Detoxification. Must need detox; call for appointment.*

▪ **Kent (253) 854-6513**

505 Washington Avenue, Kent 98032

*Outpatient treatment, women's services, work with CPS.*

▪ **Enumclaw (360) 825-4050**

1325 Cole Street, Enumclaw 98022

*Outpatient treatment, women's services, work with CPS.*

**Cocaine Outreach & Recovery Program (206) 323-5399**

*Women's intensive services for crack and cocaine.*

**Evergreen Treatment Services (206) 223-3644**

1700 Airport Way South, Seattle 98144

*Outpatient treatment (not alcohol); methadone, cocaine.*

**Genesis House (206) 328-0881**

621 34<sup>th</sup> Avenue, Seattle 98122

*Long term residential treatment; women, women with kids.*

**Muckleshoot Tribal Alcohol Program (253) 804-8752**

39015 172<sup>nd</sup> Avenue SE, Auburn 98092

*Outpatient treatment services for Native Americans.*

**Perinatal Treatment Services (206) 223-1300, Ext 224**

600 North 130<sup>th</sup> Street, Seattle 98133

*Residential followed by outpatient; kids to 5 stay with moms.*

**Seattle Drug & Narcotic Center (206) 284-2010**

*Long-term residential; women & women with children.*

**Seattle Indian Health Board**

▪ **Alcoholism Program, Leschi Center (206) 324-9360**

611 12<sup>th</sup> Avenue South, Seattle 98144

*Outpatient alcohol and drug services.*

▪ **Thunderbird Treatment Program (206) 722-7152**

*Inpatient alcohol and drug treatment; Native-based.*

**Therapeutic Health Services (THS)**

▪ **THS Summit (206) 323-0930**

1116 Summit, Seattle 98101

*Outpatient; methadone; mental health; acupuncture.*

▪ **THS Rainier Branch (206) 723-1980**

5802 Rainier Avenue South, Seattle 98118

*Mental health, alcohol, and drug services.*

▪ **THS Eastside Recovery Center (425) 747-7892**

1412 140<sup>th</sup> Pl NE, Bellevue 98007

**VA Addictions Treatment Center (206) 764-2081**

1660 South Columbia Way, Seattle 98108

*Detox, outpatient; veterans only; women's program.*

**MENTAL HEALTH ONLY**

**Asian Counseling & Referral Service (206) 659-7600**

780 8<sup>th</sup> Avenue South, Suite 200, Seattle 98104

*Counseling for Asian-Pacific Islanders; referrals.*

**WHAT ABOUT MY KIDS?**

**Child Protective Services (DSHS)**

**Central Reporting Number 1-800-562-5624**

*Self-referrals in case of abuse or neglect; 24-hour statewide line; call to find caseworker if child in custody.*

**Division of Child Support, DSHS (206) 341-7000/**

**1-800-526-8658** - 500 First Avenue South, Seattle 98104

*Establish/enforce/modify child support. Call for application.*

**CHILD CARE**

**ACAP Child and Family Services (253) 939-0870**

1102 "J" Street SE, Auburn 98002

*Subsidized child care, preschool; parenting classes.*

▪ **West Auburn High School (253) 804-3376**

**Child Care Resources**

*Referrals and assistance in finding child care.*

▪ **East King County (425) 865-9350**

▪ **Seattle and North King County (206) 329-5544**

▪ **South King County (253) 852-3080**

**Childhaven Crisis Nursery Services (206) 328-5437**

*Free respite care for families in crisis; short-term care.*

**Children's Home Society of Washington**

*Child care, family support services, and counseling.*

▪ **Auburn (253) 854-0700**

4338 Auburn Way North, Building 3, Auburn 98002

▪ **Green River Child Development Center (253) 939-7400**

31715 124<sup>th</sup> Avenue SE, Auburn 98092

▪ **Kent (253) 850-2582**

212 5<sup>th</sup> Avenue South, Kent 98032

▪ **Seattle (main office) (206) 695-3200**

3300 NE 65<sup>th</sup>, Seattle 98115

**City of Seattle, Child Care Subsidy Prog. (206) 386-1050**

618 2<sup>nd</sup> Avenue, 4<sup>th</sup> Floor, Seattle 98104

*Subsidy for working/students. Wait, but few emergency slots.*

**El Centro de la Raza (206) 329-9442**

2524 16<sup>th</sup> Avenue South, Seattle 98144

*Child Development Ctr: child care, after school program.*

**Hopelink Adelle Maxwell Center (425) 462-1456**

537 SE 102<sup>nd</sup> Avenue SE, Bellevue 98004

*Child care; Head Start; before & after school program.*

**Seattle Indian Center, Leschi Center (206) 328-3777**

611 12<sup>th</sup> Avenue South, #300, Seattle 98144

*Child care 24-hours; tribal preference.*

▪ **Springwood (Kent) Clinic (253) 631-3925**

27360 129<sup>th</sup> Place SE, Kent, 98030

*Maternity Support Services and WIC ONLY.*

▪ **TB Clinic (206) 731-4579**

Harborview Hospital - 325 9<sup>th</sup> Avenue, Seattle 98104

*Tuberculosis screening and treatment ONLY.*

▪ **White Center (206) 296-4646**

10821 8<sup>th</sup> Avenue SW, Seattle 98146

**Rainier Park Medical Clinic (206) 461-6957**

4400 37<sup>th</sup> Avenue South, Seattle 98118

**Sea-Mar Community Health Center (206) 762-3730**

8720 14<sup>th</sup> Avenue South, Seattle 98108

*Medical, dental; WIC, mental health, substance abuse; pharmacy; eye care screening. Spanish spoken.*

**Seattle Indian Health Board, Leschi Ctr. (206) 324-9360**

611 12<sup>th</sup> Avenue South, Seattle 98144

*Medical, dental, WIC, drug/alcohol treatment, pharmacy.*

**DENTAL CARE**

**Central Area Dental Clinic (206) 461-7801**

2101 East Yesler Way, Seattle 98122

**Georgetown Dental Clinic (206) 461-6943**

6200 13<sup>th</sup> Avenue South, Seattle 98108

**N&E King County Dental Coalition (425) 899-3254**

*Dental information line.*

**North Seattle Dental Clinic (206) 205-8580**

12359 Lake City Way NE, Seattle 98125

*Children, pregnant women, and elders over 60 ONLY.*

**Renton Dental Clinic (206) 296-4955**

10700 SE 174<sup>th</sup> Street #101, Renton 98055

**Southeast Dental Clinic (206) 461-6981**

3800 South Myrtle, Seattle 98118

**HIV/AIDS**

**HIV STD Hotline (206) 205-7837**

*Information and appointments for testing, treatment.*

**BABES (206) 720-5566**

1001 Broadway, Suite 100, Seattle 98122

*Support, social events, advocacy for HIV positive women.*

**Girlfriends Talkin' (POCAN) (206) 322-7061**

2200 Rainier Avenue South, Seattle 98144

*Support groups: women empowering each other.*

**Northwest Family Ctr. (at Harborview) (206) 731-3066**

325 9<sup>th</sup> Avenue, 1<sup>st</sup> Floor, East Clinic, Seattle 98104

*Care for women, children with HIV/AIDS.*

**Community Psychiatric Clinic (206) 461-3614**

4319 Stone Way, Seattle 98103

*Outpatient mental health; multiple sites; call for intake.*

**Family Services - Counseling**

*Women, children, adults, family counseling, including grief.*

▪ **Bellevue (425) 453-7890**

11911 NE 1<sup>st</sup> Street #206, Bellevue 98005

▪ **Northgate (206) 524-9055**

9714 3rd Avenue NE #110, Seattle 98115

▪ **Redmond (425) 869-6687**

16150 NE 85th Street #222, Redmond 98052

▪ **Renton (425) 226-1253**

451 SW 10th Street, Suite 215, Renton 98055

▪ **Seattle (206) 654-4140**

1191 2<sup>nd</sup> Avenue, Suite 690, Seattle 98101

**Federal Way Youth and Family Services (253) 735-9627**

33705 9<sup>th</sup> Avenue South, Federal Way 98003

*Outpatient counseling; psychiatric; case management.*

**Seattle Counseling for Sexual Minorities (206) 323-1768**

112 Broadway Avenue East, Seattle 98102

*Counseling for lesbian, bisexual, gay and transgender.*

**Seattle Mental Health (206) 324-0206/1-800-828-1449**

*Counseling/mental health; many sites. Specialized services for deaf/hard of hearing/older adults/mentally ill offenders.*

**STATE INCOME & OTHER ASSISTANCE**

**Community Service Offices, DSHS**

*Financial (TANF), medical, drug/alcohol treatment, limited emergency assistance, WorkFirst, child care, food stamps, general assistance and Medicaid.*

▪ **Auburn Office (253) 804-1159**

2707 "I" Street NE, Auburn 98002

*This office administers TANF (for families) ONLY.*

▪ **Belltown Office (206) 341-7427**

2106 2<sup>nd</sup> Avenue, Seattle 98121

▪ **Burien Office (206) 341-7430**

15811 Ambaum Boulevard SW, Burien 98166

▪ **Capitol Hill Office (206) 341-7431**

1700 East Cherry, Seattle 98122

▪ **Federal Way Office (206) 341-7426/1-866-683-4856**

616 South 348<sup>th</sup>, Federal Way 98063

▪ **King Eastside Office (206) 341-7404/1-800-662-6715**

14360 SE Eastgate Way, Bellevue 98007

▪ **King North Office (206) 341-7424**

907 Northwest Ballard, Seattle 98107

▪ **Kent/King South Office (206) 341-7428**

25316 74<sup>th</sup> Avenue South, Kent 98035

▪ **Rainier Office (206) 341-7429**

3600 South Graham, Seattle 98118

▪ **Renton Office (206) 341-7434**

500 SW 7<sup>th</sup> Street, Suite B, Renton 98055

▪ **West Seattle Office (206) 341-7425**

4045 Delridge Way SW, Suite 300, Seattle 98106

*Several housing options countywide; some women only.*

## HOUSING – LONG TERM

### CLEAN & SOBER HOUSING

**Oxford House (206) 528-3889/(206) 517-2738**

*Self-managed housing for people in recovery. Must have income. Numbers are for recorded messages about openings.*

▪ **North Seattle (206) 528-3889**

▪ **So Snohomish/N. Seattle (206) 517-2738**

▪ **North Seattle/So. Snohomish (206) 528-3899**

▪ **Kirkland (425) 458-4524**

**Pioneer Human Services (206) 766-7940**

1733 Belmont Avenue, Seattle 98122

*Several sites. Women, pregnant women and women w/kids accepted. Apply in person, Tu 9:30 am or Th 1:30 pm.*

**Rose of Lima House (206) 441-1200**

*Must be homeless or agency-referred and need transitional housing. No current alcohol or drug dependence. No kids.*

**Taylor House (253) 856-0641**

Multiple locations in South King County.

*Affordable co-ed housing for clean and sober living ONLY.*

### GENERAL LOW INCOME HOUSING

**King County Housing Authority**

*Apply at any office for wait-list countywide.*

▪ **Kent (206) 315-4360**

27360 129<sup>th</sup> Place SE, Kent 98031

▪ **Seattle (206) 574-1290**

9800 8<sup>th</sup> Avenue SW, Seattle 98106

▪ **North Seattle (206) 368-7130**

2200 NE 201<sup>st</sup> Place, Seattle 98155

▪ **Kirkland (206) 574-1140**

1129 8<sup>th</sup> St, Kirkland 98033

▪ **Auburn (206) 574-1260**

1103 9<sup>th</sup> Street SE, Auburn 98002

**Seattle Housing Authority (206) 615-3340**

907 NW Ballard Way, Seattle 98107

*Wait list. Must have children, be disabled/elderly to qualify.*

*Reproductive health; free contraception to low-income.▪*

▪ **Kent (253) 854-2343**

10056 SE 240<sup>th</sup> Street #A, Kent 98031

▪ **Federal Way (253) 661-7002**

1105 South 348<sup>th</sup> Street #B103, Federal Way 98003

▪ **Bellevue (425) 747-1050**

1420 156<sup>th</sup> NE, Suite C, Bellevue 98007

▪ **Kenmore (425) 482-1122**

6610 NE 181<sup>st</sup> Suite 2, Kenmore 98028

▪ **Seattle (206) 328-7700**

2001 East Madison St 98115

▪ **U-District (206) 632-2498**

4500 9<sup>th</sup> Avenue NE #324, Seattle 98105

### Pregnancy Aid

*Help for pregnant/new parents; clothes; baby furniture; some emergency assistance.*

▪ **Kent (253) 852-1201**

110 2<sup>nd</sup> Avenue South, Kent 98032

▪ **South King County (206) 878-3770**

730 South 225<sup>th</sup> Street, Des Moines 98198

▪ **Auburn (253) 939-6676**

212 1<sup>st</sup> Avenue NE, Auburn 98002

**Public Health of Seattle-King County (206) 296-4600**

*WIC, maternity screening, family planning, STD, public health nursing, immunization. Ask about satellite clinics.*

▪ **Auburn (253) 833-8400**

20 Auburn Avenue, Auburn 98002

▪ **Columbia Public Health Clinic (206) 296-4650**

4400 37<sup>th</sup> Avenue South, Seattle 98118

▪ **Downtown Public Health Center (206) 296-4755**

2124 4<sup>th</sup> Avenue, Seattle 98121

*Dental for children and elderly. Family planning.*

▪ **Eastgate (206) 296-4920**

14350 SE Eastgate Way, Bellevue 98007

▪ **Federal Way (206) 296-8410/(253) 838-4557**

33431 13<sup>th</sup> Place South, Federal Way 98003

▪ **Kent (Alder Square) (206) 296-4500**

1404 South Central Avenue #101, Kent 98032

▪ **Kent Teen Clinic (206) 296-7450**

613 West Gowe, Kent 98032

▪ **North Public Health Clinic (206) 296-4765**

10501 Meridian Avenue North, Seattle 98133

▪ **Northshore Public Health Clinic (206) 296-9787**

10808 NE 145<sup>th</sup> Street, Seattle 98011

▪ **Renton (206) 296-4700**

3001 Northeast 4<sup>th</sup> Street, Renton 98056

## HEALTH CLINICS

**Carolyn Downs Family Medical Center (206) 299-1900**  
2101 East Yesler Way, Suite 150, Seattle 98122

**Cedar River Clinic (425) 255-0471**  
4300 Talbot Road South, Suite 403, Renton 98055  
*Women's health care, including pregnancy termination.*

**Community Health Centers of King County**  
*All offer family practice; additional services are noted.*

▪ **Auburn (253) 735-0166**  
126 Auburn Avenue Suite 300, Auburn, 98002  
*Obstetrics; limited dental.*

▪ **Bothell (425) 486-0658**  
10414 Beardslee Boulevard, Bothell, 98011

▪ **Eastside (425) 882-1697**  
16315 NE 87<sup>th</sup> Street #B6, Redmond 98052

▪ **Federal Way (253) 874-7634**  
33431 13<sup>th</sup> Place South, Federal Way 98003  
*Obstetrics; limited dental.*

▪ **Kent (253) 852-2866**  
403 East Meeker, Suite 200, Kent 98031  
*Natural medicine, nutrition, acupuncture; limited dental.*

▪ **Renton (425) 226-5536**  
138 South 3<sup>rd</sup> Place, Renton 98055  
*Family planning.*

**Highline Women's Health & Midwifery (206) 242-0680**  
13030 Military Road South #106, Tukwila 98168  
*Primary care; obstetrical by midwives; counseling.*

**High Point Medical Clinic (206) 461-6950**  
6554 32<sup>nd</sup> Avenue SW, Seattle 98126  
*Obstetrics, acupuncture, WIC, social work, mental health.*

**Holly Park Medical & Dental Clinic (206) 461-4948**  
7116 Martin Luther King Way South, Seattle 98118  
*Women's health, obstetrics; dental care, all ages.*

**International District Clinic (206) 461-3235**  
720 8<sup>th</sup> Avenue South #100, Seattle 98104  
*Dental, women's health, pregnancy care, WIC.*

**Optometric Center of Seattle (206) 325-1100**  
124 21<sup>st</sup> Ave. Seattle 98122 (Basement New Hope Baptist)  
*Exams, glasses; free for homeless referred by shelters.*

**Pioneer Square Medical Clinic (206) 521-1750**  
206 3<sup>rd</sup> Avenue South, Seattle 98104  
*Primary care, mental health services, nutrition.*

**Planned Parenthood of Western Washington**  
Call 1-800-230-PLAN to ring in nearest clinic.

**Archdiocesan Housing Authority (206) 448-3360**  
1902 2<sup>nd</sup> Avenue, Seattle 98101  
*Several housing options countywide, some women only.*

**Capitol Hill Housing Improvement (206) 329-7303**  
1406 10<sup>th</sup> Avenue #101, Seattle 98122  
*Housing for low to middle income households.*

**Low Income Housing Institute (206) 443-9935**  
2407 1<sup>st</sup> Avenue Seattle, 98121  
*Single room occupancy at multiple sites.*

**Plymouth Housing Group (206) 652-8325**  
1524 1<sup>st</sup> Avenue Seattle, 98101  
*Many options. Apply in person with picture ID, SS card.*

**Starlighter (206) 723-4377**  
*Some subsidized units, families with children only.*

**Way Back Inn (206) 682-7382**  
*Transitional housing for families with children under 14; no emergency housing; must be working or enrolled in school.*

**YWCA Downtown (206) 461-4888**  
5<sup>th</sup> & Seneca, Seattle 98101  
*Housing in/near downtown; must have income; wait list  
Some listed offer confidential shelter for female victims; no boys over 16. Call for interview first. No drugs, alcohol.*

## IN CASE OF DOMESTIC VIOLENCE

**Emergency calls - dial 911**

**Domestic Violence Hotline, Voice/TTY 1-800-562-6025**  
*24-hour crisis line for victims. Counseling; referrals.*

**Abused Deaf Women's Advocacy Services (ADWAS)**  
**TTY 24-hour crisis line (206) 236-3134/**  
**TTY office (206) 726-0093/relay dial 711**  
*Services for deaf, deaf-blind, hard-of-hearing victims.*

**Catherine Booth House, Salvation Army (206) 324-4943**  
*Call 24-hour line for **shelter**, crisis counseling or referral.*

**Consejo Counseling and Referral Service (206) 461-4880**  
3808 South Angeline, Seattle 98118  
*Counseling for victims; focus on Hispanic community.*

**Domestic Abuse Women's Network (DAWN) – crisis line/ advocate (425) 656-7867**  
*Emotional support, information and referrals; advocates provide ongoing support and domestic violence education.*

▪ **DAWN shelter intake (206) 622-1881**  
*Call **shelter** intake line. No geographic restrictions.*

**Eastside Domestic Violence (425) 746-1940/  
1-800-827-8840**

*Advocacy, **shelter** and support groups for eastside residents.*

**Federal Way Youth and Family Services (253) 735-9627**

33705 9<sup>th</sup> Avenue South, Federal Way 98003

*Advocacy, information, referrals.*

**New Beginnings 24-hour crisis line (206) 522-9472**

*Support in legal procedures; referrals; groups; child care.*

*Call for **shelter** intake, no geographic restrictions.*

**NW Network of BLG Survivors of Abuse (206) 568-7777**

*Advocacy, counseling and support groups for lesbian, bisexual, gay and transgender survivors of abuse.*

**Protection Order Advocacy Program, King County**

*Help with protection order; advocate with victim in court.*

*Victim cannot be criminal defendant or on probation. Free.*

▪ **Kent, Prosecutors Office (206) 205-7406**

401 4<sup>th</sup> Avenue North (RJC), Suite 2B, Kent 98032

▪ **Seattle (206) 296-9547**

King County Courthouse, 516 3rd Ave, Seattle - Room E223

**Seattle Indian Health Board, Leschi Ctr. (206) 324-9360**

611 12<sup>th</sup> Avenue South, Seattle 98144

*Support for Native American victims of domestic violence.*

**United Indians of All Tribes Foundation (206) 325-0070**

1945 Yale Place East, Seattle 98102

*Advocacy, counseling; parenting support; referrals.*

### **IN CASE OF SEXUAL ASSAULT OR RAPE**

**King County Sexual Assault Resource Center (KSARC)**

**24-hour line 1-800-825-7273**

*Legal advocacy and counseling for child victims and parents*

*of victims. Legal advocacy only for adults. Support group for*

*adult survivors of child sexual abuse.*

**Harborview Center for Sexual Assault/Traumatic Stress**

**(206) 521-1800** - 1401 E. Jefferson, 4<sup>th</sup> Floor, Seattle 98122

*Medical and counseling for sexual assault, other trauma.*

### **LEARN ALTERNATIVES TO VIOLENCE**

**Family Services, DV Treatment Program (206) 826-3044**

613 2<sup>nd</sup> Avenue, Seattle 98104

*Program for perpetrators; classes. Offered in Kent.*

### **HEALTH CARE**

*In emergencies, go to an emergency room. Otherwise, a clinic is best. All offer basic care. Medical coupons okay.*

*Clinic listings start on page 14 after planning page →*

### **YOUR PERSONAL PLAN**

**Probation Officer – Call Within 24 Hours!**

**OR King County District Court Central Phone Bank**

206-205-9200 OR 1-800-325-6165 Ext. 59200

**Next Court Date**

**Day:**

**Time:**

**Location:**

**Shelter/Housing**

**Alcohol/Drug Treatment or Mental Health Help**

**Income/Work**

**Children's Caseworker/Information**

**Other Contacts and Numbers**